



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 2-29-12)

Visit us at www.fns.usda.gov/fdd

100377 – BEANS, NAVY OR PEA, DRY, WHOLE, 25 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. No. 1 grade dry navy beans/pea beans.
PACK/YIELD	<ul style="list-style-type: none">25 lb bag.One 25 lb bag AP yields about 56¼ cups dry whole navy or pea beans and provides about 597.5 ¼-cup servings cooked navy or pea beans OR about 298.7 ½-cup servings cooked navy or pea beans.One lb AP yields 1 lb (about 2¼ cups) dry whole navy or pea beans and provides about 23.9 ¼-cup servings cooked navy or pea beans OR about 11.9 ½-cup servings cooked navy or pea beans.CN Crediting: ¼ cup cooked, drained navy or pea beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained navy or pea beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none">Store dry navy or pea beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold.Store cooked navy or pea beans covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Navy beans, mature seeds, cooked, without salt

	¼ cup (46 g)	½ cup (91 g)
Calories	64	127
Protein	3.74 g	7.49 g
Carbohydrate	11.98 g	23.71 g
Dietary Fiber	4.8 g	9.6 g
Sugars	0.17 g	0.34 g
Total Fat	0.28 g	0.56 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.07 mg	2.15 mg
Calcium	31 mg	63 mg
Sodium	0 mg	0 mg
Magnesium	24 mg	48 mg
Potassium	177 mg	354 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.4 mg	0.8
Vitamin E	0 mg	0.01 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape.Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended.For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period.To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.
USES AND TIPS	<ul style="list-style-type: none">Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">Visually inspect for presence of foreign substances, insects, or mold before use.Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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